



Kevin Jablonski & Karen Christensen
Argyle, New York
Phone: 518-638-6187
Email: mackbrookfarm@mac.com
www.mackbrookfarm.com

Crockpot BBQ Beef

INGREDIENTS

1 piece (approximate 3-4 pounds) Mack Brook Farm Brisket, Top Round, Chuck or other Roast
1 18-ounce bottle BBQ sauce, of your choice

DIRECTIONS

Trim all fat from meat. Salt and pepper the meat and place in Crockpot. You may have to cut it into two pieces. Add BBQ sauce. Cook on low 6 hours.
Remove meat from Crockpot. Slice thinly, and then return meat to pot. Cook on low for 10 minutes.

Note: For a special treat, make your own BBQ sauce using our recipe below.

Cece's Secret Sauce, Shhhhhh!

It took some arm-twisting, but our good friend Cece finally agreed to share her family's secret recipe. Is it the lime juice that makes it so special? Or could it be the rum???

Ingredients

2 teaspoons Mexican hot sauce, one with vinegar and Habanera peppers,
use more if you like your sauce with an extra 'kick'
2 cups Ketchup
1/2 cup light Puerto Rican rum
1/2 cup light beer
1/4 cup honey
3/4 cup light brown sugar
4 tablespoons Worcestershire Sauce
Juice of 1 lime (about 2-3 tablespoons)

Mix all ingredients in saucepan and simmer for 45 minutes. Pour over meat in crockpot.
(Will keep in refrigerator for 3 days.)